A $42.5 MILLION WIN FOR ONTARIO CYCLISTS

metroNEWS

Toronto metro

Your essential daily news | TUESDAY, MAY 30, 2017

High 19°C/Low 12°C Scattered thunderstorms

URBAN FOOD FORESTS SPROUTING

metroCITIES

IT'S TIME

TO APOLOGIZE FOR RESIDENTIAL SCHOOLS

Trudeau's request to Pope Francis metroNEWS

L'OSSERVATORE ROMANO/POOL PHOTO VIA AP

Steer clear of the Bluffs

WET WEATHER

City alerting homeowners, hikers about landslide risk

May Warren
Metro | Toronto

Officials from the Toronto and Region Conservation Authority (TRCA) are warning residents and tourists to steer clear of both the top and bottom of the Scarborough Bluffs due to landslides.

Recent rainfall and the high water level of Lake Ontario have led to more erosion of the Bluffs than usual, TRCA waterfront specialist Nancy Gaffney told Metro.

"It's all adding up together to make it very unstable," she said.

Gaffney said between 10-15 landslides have rolled down the east side of the Bluffs recently. Staff is reviewing drone footage from late last week to see just how serious the threat is.

"We're talking metres and metres of bluff face falling off at the same time," Gaffney said, adding the city is alerting homeowners about the risk to backyards and decks.

Although the ground may look stable, with plenty of grass on the surface, Gaffney said "there's very little or nothing underneath that grass."

"It moves very fast; it's very unpredictable," she added.

Despite the warnings, area councillor Gary Crawford said there were dozens of people walking in the Bluffs last weekend.

He hopes the warning will be lifted later in the summer, but that will depend on the water level and how much more rain the city gets.

Tracy Horvath, founder of conservation group The Wild Bluffs, said the landslides show the risks of development in the area and a need for better conservation.

"We've been saying for years that the area is unstable," she said.

The Bluffs are just the latest casualty of Toronto's wet spring.

Toronto Island is still closed to the public after heavy rainfall in early May, resulting in cancelled weddings and festivals.

It's a situation city officials are "monitoring very closely," said spokesperson Wynna Brown.

"We want to be optimistic but at the same time we have to be realistic about the conditions over there," she said.

Brown urged people to be cautious, not just along the Scarborough Bluffs and the Island but anywhere along Lake Ontario's shoreline.

The Island is supposed to reopen to the public June 30, a date Gaffney thinks is "still reasonable," but it's too early to tell.

"It's going to be a long process; there's no big bathtub plug to pull," she said.

This peacock's gone rogue — but Centreville Farm is on the case

Plus Flooding sinking bottom line of Toronto Island businesses metroNEWS

Humans of Toronto by K. Omar

Him: "We met over Facebook."
Her: "He stalked me on Instagram first."
Him: "I found her really attractive, and then when we started talking, we just clicked. We enjoyed a lot of the same things. She's really funny; I'm funny, too. We had a lot in common and it just drew us closer. Then we hung out one day, and we liked a lot of the same foods, so it made it easier. Now, we have been together close to two years."

Humans of Toronto is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans of Toronto on Instagram.

Freeze puts plans at risk

BUDGET

Top initiatives would need $66M more, report says

David Hains
Metro | Toronto

A dozen of Toronto's top initiatives could be shelved, delayed or underfunded due to council's proposed budget freeze.

The initiatives feed into the city's poverty-reduction strategy, parks plan, childcare growth strategy and the landmark proposal to meet global-warming targets by 2050, among other goals.

But council endorsed a budget freeze last week that could put their rollout at risk.

"People are telling us what their needs are, and we aren't meeting them," Coun. Shelley Carroll, a former budget chief, told Metro.

"You cannot keep adopting strategies and then flat-lining your budget," said Carroll, calling that "Rob Ford's politics."

If fully funded, the 12 proposals would require an estimated $66.4 million in additional annual funding in 2018 and would add $578 million in debt, according to a city report.

Keerthana Kamalavasan, a spokesperson for the mayor's office, said that "finalizing the city's budget is months away" and that the existing approach is "balanced and responsible."

Even after accounting for a budget freeze and property-tax increase limited to inflation, Toronto faces a preliminary $343-million budget gap that will make funding any additional services difficult.

THE 12 THINGS

- TO Prosperity: Toronto Poverty Reduction Strategy
- Toronto Fair Pass Program
- Toronto Strong Neighbourhoods 2020
- Toronto Youth Equity Strategy
- Toronto Seniors Strategy: Toward an Age-friendly City
- Toronto Newcomer Strategy
- Housing Opportunities Toronto: An Affordable Housing Action Plan
- Recreation Service Plan
- Childcare Growth Strategy
- Transform TO: Climate Action for a Healthy, Equitable, Prosperous Toronto
- Middle Childhood Strategy
- Parks Plan

In addition, a majority of council — including the mayor — voted against a motion to exempt affordable housing, shelter services, poverty reduction and the childcare growth strategy from the budget freeze.

Sean Meagher, executive director of community advocacy organization Social Planning Toronto, cowrote a letter endorsed by 90 community groups that criticized the budget process.

He says the results from the three previous budgets — which he has criticized for their austerity — speak for themselves.

"You can have the lowest property taxes in the GTA by a country mile, or you can fund the services people need."

The city report also said another $578 million in debt is needed to fund the Tenants First plan for social-housing repairs and to fund an increase in licensed childcare spaces by 2026.

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*1 in 2 people in the Greater Toronto and Hamilton Area labour force have experienced a mental health issue (Source: Canadian Centre for Economic Analysis)

metro NEWS

Your essential daily news

Sri Lankan rescuers rush to help thousands affected by mudslides, floods. **World**

FOCUS ON FAMINE

Members of the International Development and Relief Foundation joined students at the Islamic Institute of Toronto in Scarborough Monday to pack kits that will be sent to Somalia as part of a relief effort to address hunger and famine. CONTRIBUTED

Reaching out at Ramadan

Local Muslim students and volunteers join members of the International Development and Relief Foundation to provide essential supplies for families in need in Somalia

GILBERT NGABO METRO

Ramadan is usually a time for fasting, prayer and renewal of religious devotion.

For some local Muslims, this year's Ramadan will also be a time to organize and send some relief to those facing hunger and famine.

From Toronto to Ottawa and Calgary, members of the International Development and Relief Foundation (IDRF) are teaming up with students and Muslim volunteers to prepare and pack about 1,500 supply kits to be delivered to thousands of families in Somalia.

"Ramadan is the time for us to show support to others, and do something to care for those who are suffering," said Farheen Khan, IDRF's director of fund development and external affairs.

"30 million people are facing starvation and it's important that we try to help any way we can."

The charity has led campaigns across the country to raise funds for the cause before.

This time staff have partnered with Global Medic to purchase portable water purification units, hygienic items and nutrition supplements to include in each kit.

TAKE PART

How you can help in the effort

International Development and Relief Foundation provides water and food assistance to families in Somalia and Kenya. To donate visit idrf.com

Somalia is one of four African countries where the United Nations has declared a state of emergency and warned full-blown famine could break out if $4.4 billion US is not earmarked to counter the catastrophe. South Sudan, Nigeria and Yemen are also at risk.

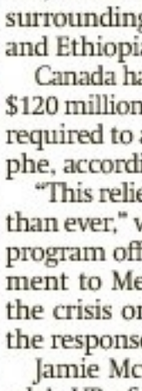
East African is in the midst of drought conditions that have devastated crops and livestock, displaced millions of people and left thousands of children severely malnourished.

Khan said the Ramadan campaign is also about educating Canadian children about global issues.

"We want them to know they can be part of the solution," she said.

metro EFFECT

Nation steps up in fight to end hunger



Gilbert Ngabo
Metro | Toronto

The Canadian government is stepping up its efforts to counter the threat of famine.

International Development minister Marie-Claude Bibeau announced Monday the launch of the Famine Relief Fund, an effort that will match donations made to registered Canadian charities for the same cause between March 17 and June 30 this year.

The new commitment comes two months after Metro launched the Focus On Famine series, highlighting the growing hunger and famine in East Africa and the Middle East, and chronicling efforts of local immigrants to bring relief to desperate families.

The United Nations has already declared famine in some parts of South Sudan, while warning that millions of people in Somalia, Yemen and Nigeria are suffering from hunger and severe malnutrition. About 20 million people in the four countries are at risk of famine, while drought and instability in surrounding countries such as Kenya and Ethiopia add weight to the crisis.

Canada has already committed nearly $120 million towards the $4.4 billion US required to avert the ongoing catastrophe, according to the UN.

"This relief fund is needed now more than ever," wrote UNICEF Canada chief program officer Meg French in a statement to Metro, noting the spread of the crisis on the ground is outpacing the response so far.

Jamie McIntosh, World Vision Canada's VP of programs and policy, said there's still an alarming funding gap but government efforts such as the new relief fund bring much-needed hope.

"There's still an opportunity to pull millions of people back from the brink of starvation," he said.

CHARITIES

Charities to donate to for the matching funds:

- Action Against Hunger, Adventist Development and Relief Agency Canada, Canadian Foodgrains Bank, Canadian Lutheran World Relief, Canadian Red Cross, CARE Canada, Islamic Relief Canada, Oxfam Canada, Plan International Canada, Samaritan's Purse Canada, Save the Children Canada, SOS Children's Village, UNICEF Canada, World Relief Canada, World Vision Canada.

Toronto DIGEST

Provincial legislation to introduce abortion 'safe zones' in fall
Safe zones will be created around abortion clinics so that women can access the procedure without harassment, the Ontario government announced Monday. In legislation to be introduced this fall, the province will follow the lead of others such as British Columbia, Newfoundland and Quebec, which have rules in place. Violators there can be fined or sent to prison.
TORSTAR NEWS SERVICE

Province launches review of forensic labs
The stunning litany of failings uncovered at the Hospital for Sick Children's Motherisk laboratory has prompted the province to launch a review of the oversight and accountability of Ontario's forensic labs. The review will examine setting mandatory accreditation standards for forensic labs, as well as improving forensic training and increasing transparency.
TORSTAR NEWS SERVICE

Hiker fatally falls from cliff in Rattlesnake Point
Rattlesnake Point is a popular site in Milton for hikers, bikers and rock climbers to visit when the weather is nice with some stunning views of the escarpment. But it's also a place where mishaps happen regularly. A woman fell over a cliff and died Sunday night, the second straight year a fatal accident has happened in Halton Region's conservation areas.
"We frequent the area regularly," says Milton's Acting Fire Chief Dave Pratt. "The majority of the calls we attend to are for twisted ankles, someone lost. But two to three times a year, we have an incident like this."
TORSTAR NEWS SERVICE

Queen's Park Tories cry foul over price of giant duck
A $120,000 grant that will help pay for a giant rubber duck is being roasted as a canard at Queen's Park.
The tourist-attracting giant duck, said to be the largest in the world, is due in Toronto waters July 1. Its arrival is being funded in part by the province to celebrate Ontario 150th anniversary, but Progressive Conservatives are crying foul over the price — a total cost of $200,000, with the rest raised by the Redpath Waterfront Festival.
TORSTAR NEWS SERVICE

Rogue peacock running amok on Ward's Island

ANIMALS

Spokesperson says farm is actively trying to catch Eyeball

David Hains
Metro | Toronto

Sierra Kimpel was delighted to welcome a peacock to her front yard on the Toronto Island.

"It's wonderful," she said.

Named "Eyeball" by her twin six-year-old nieces, the rogue bird fled the flooded Centreville Farm, part of the amusement park, where he is unimaginatively named Peacock Number Four.

Ward's Island has welcomed their new mascot, and the twins consider it their pet. The bird enjoys eating grapes, says Kimpel, and stealing seed meant for ducks.

"We have to tell people not to feed him junk food, like Cheetos," she said.

Centreville Farm is on the case.

"We are trying to catch him," said Centreville Amusement Park spokesperson Shawnda Walker, who added that the park's peacocks have always roamed, although never quite this much.

So far, the farm has struggled to take away the bird's newfound freedom.

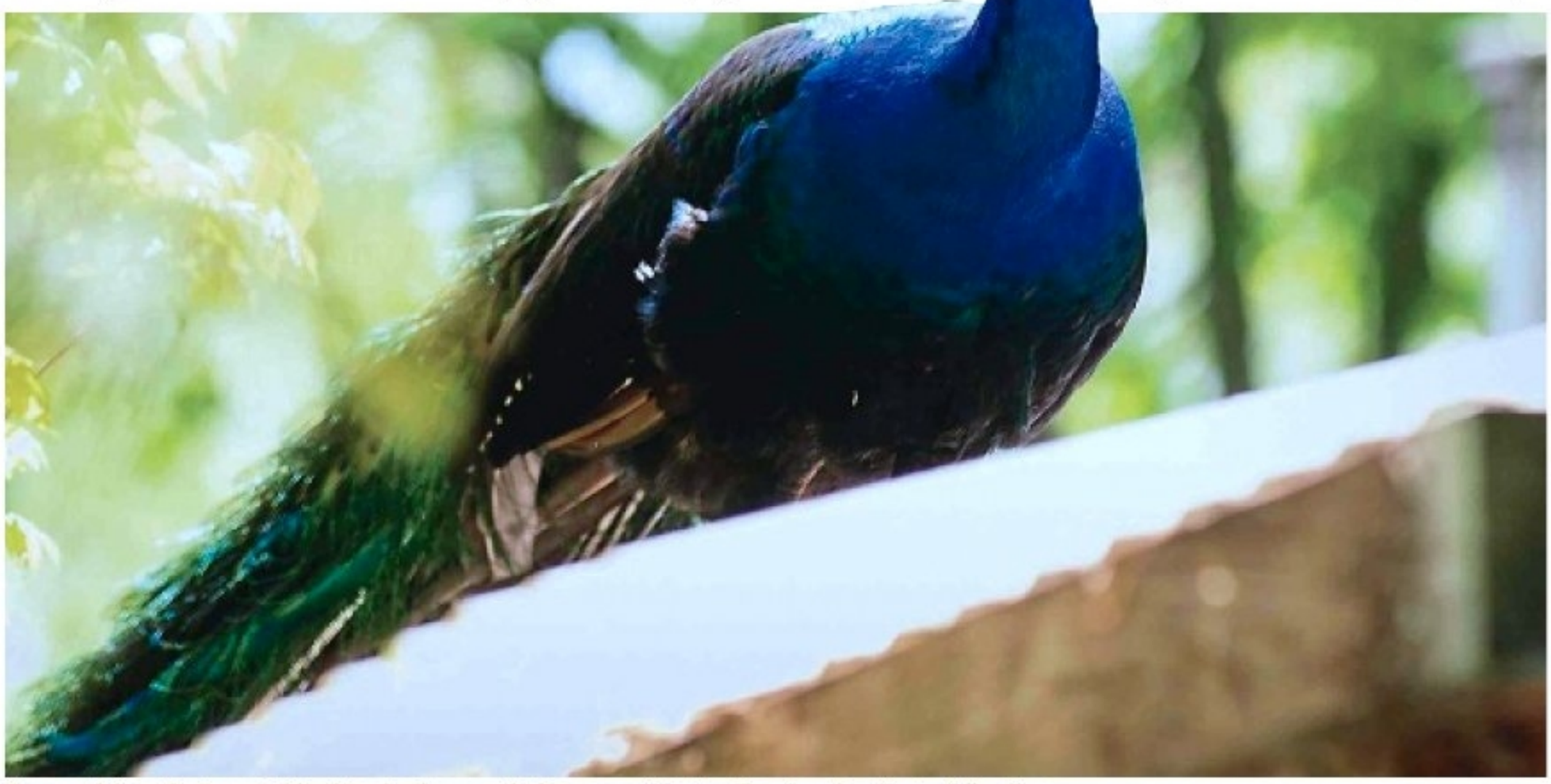
Peacocks are delicate creatures, explains Walker, and Centreville is being cautious. But in a few days they hope to lure him home with a peahen, the not quite as colourful female of the species.

In the meantime, Eyeball can be found on Ward's Island, hopping from rooftop to rooftop, or sitting under a porch scaring ducks from their food.

"It's his home," said Kimpel.

JUST CHILLING

This isn't the first time a rogue Toronto peacock has asserted its independence. A peacock escaped from the High Park Zoo for one week in 2015, and chilled on local rooftops before returning home.



A peacock from the Toronto Island Zoo has been on the loose as residents still endure the effects of flooding. TORSTAR NEWS SERVICE

Troubled Island businesses facing a 'perfect storm'

Island businesses are seeing their bottom lines fall underwater, and face difficult decisions to determine their future.

Longstanding companies have cut back on seasonal workers due to ongoing flooding that has seen up to half of the Island covered in water. The general public cannot take the ferry to the Island unless they specify they are going to a specific business there.

That exemption hasn't been enough for the Rectory Café, where co-owner Ken McAuliffe has determined this will be his last year running the restaurant.

"It's time to move on," he said, adding he has great memories of the place.

The restaurant's lease expires this year, and remains open for business until Thanksgiving. The lease will then become available to new owners under the same name.

McAuliffe described his reasons to leave the business as a "perfect storm," and said that

> **We can't even pay for the boats right now.**
> Sid Soer

without the public making trips to the Island, it's tough for the Rectory to make a profit in such a limited season.

Nine of his 57 staff have already moved on to other jobs.

Water taxis have also been hit hard by Lake Ontario's record-high water levels.

After a great year for business in 2016, 62-year-old Sid Soer "went all-in" and invested an additional $125,000 of his personal money in his water taxi service The Otter Guys. He took out a second mortgage, a line of credit and maxed out credit cards to purchase seven new boats and buy out a competitor.

"We can't even pay for the boats right now," he said, adding they just don't have the cashflow he expected.

Soer estimates they're doing just three to five per cent of the business they did a year ago.

"It's brutal," he said.

DAVID HAINS/METRO

Rectory Café co-owner Ken McAuliffe will leave the Island business he has run for over 10 years. EDUARDO LIMA/METRO

Province putting the pedal to the metal

FUNDING

Over $40 million earmarked for Toronto's cycle infrastructure

The provincial government has launched a new program to invest millions of dollars in bicycle infrastructure in municipalities across Ontario.

Transportation Minister Steven Del Duca and Eleanor McMahon, minister of Tourism, Culture and Sport, made the announcement at a downtown Canadian Tire store on Monday to coincide with Bike to Work Day.

The announcement came days after the importance of safe cycling infrastructure was tragically underscored by the death of a five-year-old boy, who was killed while riding on a Toronto waterfront trail.

"Our government is committed to making cycling safer. This is an extremely serious undertaking on the part of our government," said Del Duca.

"This investment will help promote safety for cyclists and make cycling more comfortable and more appealing for daily commutes and other frequent trips," he said, citing a survey that found 67 per cent of Ontarians would be more likely to ride a bike if their community had better cycling infrastructure.

> **Our government is committed to making cycling safer.**
> Steven Del Duca

The four-year Ontario Municipal Cycling Commuter Program will provide up to $42.5 million to eligible municipalities this year and is funded out of the province's cap-and-trade program. Funding for future years "will be determined based on availability of cap and trade proceeds," according to the government.

The program will pay for up to 80 per cent of the cost of cycling projects. To be eligible, projects must focus on enabling bicycle commuting and reducing car trips. The types of projects that qualify include painted and physically separated bike lanes, multi-use paths, intersection modifications and bike racks.

To be eligible for funding, larger municipalities must show that they are working to implement a cycling plan. Funding for smaller municipalities will be capped at $25,000 a year, and the existence of a cycling plan is not a prerequisite.

It was not immediately clear how much Toronto could receive through the cycling fund.

TORSTAR NEWS SERVICE

Hamilton is trying to move past its industrial image with a new diplomatic mission in downtown Toronto. HAMILTON SPECTATOR

TOURISM

Hamilton and Toronto lift the Steel Curtain

May Warren
Metro | Toronto

IF YOU GO

The Hamilton consulate will host a series of events at the Burroughes, 639 Queen St. W., from May 31 to June 1. For more info check out hamiltonconsulate.com.

A new consulate will pop up in Toronto this week — not from some recently independent citystate, but a blossoming boomtown just an hour away.

Representatives from Hamilton are staging a temporary consulate to try to overcome their reputation as a "cultural hinterland," said Glen Norton, director of economic development for the city.

"It's about changing awareness of Hamilton as a place to do business," he said.

The cities have always had a close relationship, but this week will take it to the next level. A round of speed dating will give Torontonians and Hamiltonians a chance to mix, mingle and share insights about "The Hammer."

The lineup for Supercrawl, Hamilton's annual music and art festival, will also be announced, with performances from a group of Hamilton artists.

Norton said people often think of Hamilton as a "one-horse town" but it's actually the most diversified economy in the country, according to the Conference Board of Canada.

"We do make steel and we're very proud of that, but it isn't even our biggest employer anymore," he added.

Representatives from nascent industries such as tech and fashion will be on hand at a number of events, including a fashion show featuring Hamilton designers.

Local designer Angela DeMontigny is leading that show and is eager to champion Hamilton's "burgeoning fashion industry."

"It's letting people know that there's all sorts of fabulous creative stuff going on here that people probably don't know about," she said.

"I think people will be really pleasantly surprised."

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Working toward papal apology

VATICAN CITY

Pope Francis, PM Trudeau meet to discuss reconciliation

PM Justin Trudeau meets with Pope Francis for a private audience at the Vatican. THE CANADIAN PRESS

Canadians are anxious to reconcile with Indigenous Peoples, Justin Trudeau described telling Pope Francis on Monday as he asked the pontiff to apologize for the role the Catholic Church played in the tragedy of residential schools.

The Pope — himself no stranger to the cause of social justice, he noted to Trudeau — seemed open to the idea, the prime minister said as he related the broad strokes of their private conversation at the Vatican.

"He reminded me that his entire life has been dedicated to supporting marginalized people in the world," Trudeau said after he arrived back in Rome.

Pope Francis also expressed his enthusiasm for working with the prime minister and the Canadian bishops on finding a way forward on the issue of an apology, as recommended by the Truth and Reconciliation Commission.

The commission included the demand for a papal apology — to survivors, their families and communities — as one of the 94 recommendations in its report on the dark 120-year history and tragic legacy of residential schools.

Trudeau, who has promised to act on each recommendation, had previously committed to speaking to the Pope about an apology, but pointed out he could not compel the pontiff to agree.

On Monday, Trudeau said he invited the Pope to visit Canada in the coming years, and thanked him for the global leadership he has shown on climate change.

"We talked about how important it is to both highlight the scientific basis of protecting our planet, with the moral and ethical obligation to lead and to build a better future for all people on this earth," he said.

Trudeau, a religious Catholic, suggested the meeting gave him some spiritual fulfillment.

"I also had an opportunity to have a deeply personal and wide-ranging, thoughtful conversation with the leader of my own faith."

THE CANADIAN PRESS

Reactions

1 Edmonton — Fernie Marty, an elder living in Edmonton with roots in the Elizabeth Métis Settlement, says an apology from Pope Francis to residential school survivors would go a long way towards reconciliation and might help both younger and older generations reconnect to the faith.

2 Calgary — Jason Goodstriker, who sits on the Aboriginal Friendship Centre of Calgary's board of directors, says the ask should really come from First Nations leaders. He also thinks a leader who attended a residential school should make the request.

3 Winnipeg — Clayton Thomas-Muller, an Indigenous activist with 350.org, said: "For Justin Trudeau to speak on our behalf ... continues to breathe life into the ongoing historical record of the patriarchy of the Canadian state." Thomas-Muller said that the prime minister should have had representatives, including survivors of residential schools, on the trip. METRO

NOVA SCOTIA

Texting and driving caused death: RCMP

Haley Ryan
Metro | Halifax

Police in Nova Scotia have laid a "unique" set of charges against a man accused of killing a pedestrian while texting and driving.

On March 11, RCMP say a 54-year-old man died after being struck by a car in Cape Breton, as he was flagging passing motorists for help. The suspect vehicle failed to stop, a release said, and the victim was taken to hospital and later pronounced dead.

"That's the first time I've seen that," Cpl. Jennifer Clarke, Nova Scotia RCMP spokeswoman said on Monday. "It doesn't mean it's never been laid before, but let's just say it's unique."

RCMP's Cape Breton Traffic Services announced on Monday they had charged a Sydney man in the case. Thomas Joseph Smith, 26, faces these charges: failure to stop at the scene of a fatal collision, dangerous operation of a motor vehicle causing death, criminal negligence causing death (text messaging while operating motor vehicle), and operating a motor vehicle while disqualified.

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ELECTION

B.C.'s NDP strikes deal with Greens

Matt Kieltyka
Metro | Vancouver

Green Party leader Andrew Weaver said he saw a different side of NDP leader John Horgan during negotiations since the province's historic election on May 9.

Both intend to see a different side of the Legislature soon, swapping their opposition seats for the other side of the floor to form a minority government.

The two parties have announced they've struck a four-year "confidence and supply agreement" to form B.C.'s next government, one that will end the Liberals' 16-year reign over the province. The NDP's 41 seats and the Greens' three would represent a majority of votes in the Legislature, more than the Liberals' 43.

Weaver has been in negotiations with both parties since election night and said he was willing to work with both as long as they met certain Green conditions: such as banning union and corporate donations in politics and moving toward a proportional representation electoral system.

The terms of agreement between the NDP and Greens won't be released until Tuesday (the NDP caucus still needs to ratify the deal), but Weaver said it will focus on commonalities between the party platforms.

B.C. Green Party leader Andrew Weaver and B.C. NDP leader John Horgan speak to media after announcing they'll be working together to help form a minority government. THE CANADIAN PRESS

The NDP supported both campaign financing and electoral reform during the campaign.

"We were very, very close with both parties," said Weaver, cryptically. "And there were some things that we felt were important where some values were a little more common than others."

One big hint the Green leader did drop, however, was on opposition to Kinder Morgan's Trans-Mountain pipeline expansion.

"Obviously there are some things that are near and dear to my heart, to the heart of my caucus colleagues, as well as to the hearts of the BC NDP and their caucus," he said. "One of the things I can say, the issue of Kinder Morgan is one that I have been heavily invested into. The issue of Kinder Morgan was one that was critical to (the Greens) and I think you'll see that reflected in tomorrow's announcement."

Horgan, meanwhile, admitted the idea of being premier gave him an extra spring in his step Monday.

"I am very excited about the prospect of delivering to the people of British Columbia what they voted from on May 9, and that was change," he said. "Andrew and I have worked very closely together over the last number of weeks. We've brought forward the issues that bring us together and highlighted the issues that separate us.

"And we've come to a conclusion that a government run by the BC NDP, with the support on issues around supply and budgeting (from the Greens), can in fact deliver the British Columbians a government that is focused on people."

Asked about their sometimes fierce and adversarial personal relationship — an issue that came up during the campaign — both leaders denied there would be any problems working together.

"To be blunt, I think John and I saw a different side of each other in negotiations," Weaver said.

Mud and slush cover the slope at the site of a landslide on Monday in Kiribathgala, in Ratnapura district, Sri Lanka. THE ASSOCIATED PRESS

More than 160 killed, thousands displaced

WEATHER

Sri Lanka grapples with devastating natural disaster

A group of Sri Lankan soldiers carried a body wrapped in a tarpaulin to police for identification, while others dug Monday through piles of mud, unearthing a motorbike, pieces of furniture and clothes, the only signs of 15 homes that stood on Kiribathgala Hill just a few days ago.

Helicopters searched elsewhere for people still marooned after rain-triggered floods and mudslides inundated villages last Thursday, killing at least 169 people and leaving 102 others missing, officials say.

The rains caused part of Kiribathgala Hill to come crashing down, burying the 15 homes and their 26 inhabitants under huge rocks, mud and fallen coconut trees, village officer Udari Erabedda said. Soldiers have recovered 12 bodies, including those of two women and a child dug out on Monday. The others remain missing.

The hill in Sri Lanka's Ratnapura district, known for gems and precious stones, is 120 kilometres southeast of the capital, Colombo. Most residents make their living by tending small plots of tea or spices, or by working in nearby gem mines.

K.W. Robo Singo, 72, lost his daughter, granddaughter and four great-grandchildren.

"I heard a huge sound and saw large rocks and trees crashing down," Singo said. "Within five minutes everything was over, the whole area was a heap of mud."

Sriyani Mallika wept as she pointed to the area where her brother's home once stood. She said her brother, his wife and two children were all buried under the mud.

Her brother tended a tea plot and wanted to educate his son to become a doctor, she said.

Terrified villagers huddled in a nearby school, having left their homes for fear of more mudslides.

With more rain expected later Monday, rescuers raced to evacuate villagers from the most vulnerable areas around the country. Already, more than 75,000 people have taken shelter in 337 relief camps set up in the south and west. THE ASSOCIATED PRESS

MUDSLIDES

Mudslides have become common during Sri Lanka's summer monsoon season as forests across the tropical Indian Ocean island nation have been cleared for export crops such as tea and rubber. Another massive landslide a year ago killed more than 100 people.

MANCHESTER BOMBING

Police seek suitcase for clues

Police in Manchester, England issued a picture of the arena suicide bomber holding a blue suitcase and asked anyone who might have seen him with it before the attack to call a confidential hotline.

Counter-terrorism squads are trying to re-create Salman Abedi's movements in the days before he detonated a bomb at an Ariana Grande concert in Manchester, killing 22 people. Police believe Abedi had the wheeled suitcase with him at two locations in Manchester.

The suitcase was not used in the attack, which was carried out when Abedi detonated an improvised bomb, Greater Manchester Police Detective Chief Superintendent Russ Jackson said. Jackson tried to reassure nervous residents of Manchester that the bag does not pose a risk to public safety. But if any members of the public find it, they should not approach it, but call police immediately, he said.

The bombing investigation expanded early Monday when police arrested a 23-year-old man on the south coast of England, hundreds of miles south of Manchester.

THE ASSOCIATED PRESS

The type of case that Salman Abedi was seen to be carrying. THE ASSOCIATED PRESS

BOOST FAT BURNING

THE POWERFUL SLIMMING EFFECT OF HEAT

Are you looking for a smart way to burn body fat on a daily basis? Scientists have found that a natural food substance in chili has powerful effects on body fat levels. The key is in heat production.

Our body has two types of fat tissue; White and Brown. White fat is passive and just stores fat on your body. But brown adipose fat tissue (BAT) regulates the burning of calories for heat. Brown fat was thought to only be active in infants, to stay warm, but studies are showing that BAT can still be active in adults and the more active it is, the thinner they are!*

HOW DO WE ACTIVATE BROWN FAT?

Freezing your body is one way (cold showers, exposure to ice etc.), but luckily, this is not the only way. BAT is also activated by a natural ingredient called capsaicin – the chili compound that makes hot peppers hot. Add chili to a meal and you increase fat burning up to 150%.*

ADDING EGCG FROM GREEN TEA TO MAKE A "SUPER FAT BURNER"

The problem though, is that for best results, you need to add chili to most meals.* Since this is not practical, New Nordic has designed a tablet called Chili Burn™, containing the ideal amounts of chili pepper for fat burning. But to increase the power of the tablet, we added green tea and chromium, which have long been used and proven to promote slimming, especially around the belly.* Take one tablet with your morning and mid day meal, and you are on your way to a leaner you.

DID YOU KNOW?

Chili has been blamed for hurting the stomach lining and creating a burning sensation, but research shows the opposite. Hot chili peppers actually protect the stomach lining and may prevent gastric upsets.*

TEST YOURSELF

- ○ I want to lose at least 5 kilos
- ○ I store fat on my belly
- ○ I don't eat many spices
- ○ I don't drink a lot of green tea
- ○ I don't exercise twice a week

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metro CITIES
Your essential urban intelligence

PHILOSOPHER CAT by Jason Logan

BLUEPRINT by Haley Ryan and Andrés Plana/Metro

Digging in downtown

Urban food forests are popping up in cities — places where people often don't live close to affordable, healthy food shops, let alone farmland. The situation is even worse in poorer neighbourhoods, a phenomenon known as food deserts. It's an international trend many are trying to reverse by planting gardens in empty lots, former landfills, even on barges to give urban dwellers a taste of the homegrown. **Here are some ways cities are putting down roots.**

1 Making an agrihood: In Detroit, The Michigan Urban Farming Initiative is turning derelict buildings into an urban "agrihood," an alternative growth model that puts local food at the middle of development. The food forest is spread over vacant land, occupied and abandoned homes, and provides free produce to about 2,000 households. FACEBOOK/THE MICHIGAN URBAN FARMING INITIATIVE

2 Guerilla gardening: In South Central L.A., gardener Ron Finley came out victorious in a showdown with a developer who wanted to seize the land he uses as a community garden. Big names like Bette Midler helped fund the $550,000 the developer demanded, especially after Finley's rousing TED Talk on guerilla gardening in empty lots. His pitch: "Growing your own food is like printing your own money." GETTY IMAGES

3 A floating forest: The Swale project is a forest open to foragers atop an old barge that travels to piers around New York City promoting public food. Visitors can harvest herbs, fruits and vegetables for free. The artist behind the project hopes more of the city's parkland can be converted into usable food-growing territory. INSTAGRAM/MARY MATTINGLY

5 Get on the vine: San Francisco has taken a love of wine to the grassroots with the Neighborhood Vineyards project. Through the hillside nooks and crannies of Alemany Farms, 349 Pinot Noir vines thrive. The group provides education about viticulture, while of course bottling and selling their own wine. NEIGHBOURHOODVINEYARDS.ORG

4 Trees from trash: The CERES Community Environment Park in Melbourne, Australia is built on a decommissioned landfill that was once a bluestone quarry. They now use solar energy to power a cafe and workshop space, while the farm yields hundreds of pounds of vegetables a year, plus a bush food nursery. FACEBOOK/CERES

WORD ON THE STREET by Aaron Chatha/Metro

Putting the public back in public art can help cities grow

The public in public art needs more attention, says consultant Ciara McKeown.

McKeown, with partner Brandon Vickerd, recently held a symposium at York University about the role of public art in Canadian cities.

She found many of the big conversations weren't around the art itself. The biggest issues were time, relationships and vision.

Talk to people

In cities with strong public art scenes, few pieces are dubbed controversial because the public is engaged in the process.

A big problem, according to McKeown, is when a piece is commissioned and — poof — overnight there's suddenly a sculpture in the middle of the city, with no conversation around it.

Looking forward in public art, she thinks artists need to be given more time to learn about a space, talk to the people in the community and learn its history. The public has to be part of the process — especially, she said, as there are often concerns when taxpayer dollars are being used to fund the art.

Have a plan

McKeown pointed to Vancouver or Waterfront Toronto as good examples of public art done right.

Instead of looking at public art on a case-by-case basis, the cities that are propelling it forward have cohesive vision, and often plan funding across multiple projects.

There's no standard process, but McKeown feels it helps when cities and organizations are able to shift, respond to new opportunities, and keep things feeling like part of a vision.

The worth of public art

Artists aren't just building this thing to fill a space. They're part of a conversation about what cities look like in the future, and where people in them belong.

McKeown believes public art asks vital questions about a city, and where or how it will grow.

PUBLIC WORKS
The week in urbanism

GIRL GROWERS
B.C. has the highest proportion of female farmers in the country, according to census of agriculture data released earlier this month. Although the total number of farmers is declining, urban farms are credited by some with balancing out a gender gap in the, ahem, field.

CHOO-CHOO RE-DO
What to do with an old railway facility? In Tillburg, The Netherlands, a former hangar and maintenance facility will be transformed into a mixed-use library. It will include a music hall, galleries, work space and a restaurant.

CITY CHAMP Metro's city builder of the week

Jen Fischer is a certified Organic Masters Gardener and a graduate student at the University of British Columbia studying the intersections of urban nature, environmental sustainability and social innovation.
@JenLFisch

URBAN DICTIONARY

DEFINITION
A popular urban planning movement for much of the 20th century, the utopian **garden cities** idea promoted suburban living surrounded by agriculture.

USE IT IN A SENTENCE
Although it was built on lofty ideals, the **garden city** gave way to sprawl, urban highways, and bad planning decisions.

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metro LIFE

Your essential daily news

Newfoundlanders brace for an influx of Come From Away tourists

KEYBOARD *confessional*

Why we tell Google our innermost thoughts and feelings — and that may be a problem for researchers

Google
Can I tell you a secret
Can I tell you I'm drunk
Can I tell you about my sex life
Can I tell you I'm anxious
Can I tell you I voted for Trump
Can I tell you I'm sad

ISTOCK/PHOTO ILLUSTRATION

Genna Buck
Metro | Toronto

Humans are a dishonest species.

We're not honest with our bosses, our friends, our family, our intimate partners, or with researchers who phone us for a survey.

But there's one situation when we don't lie. We don't lie to Google. The search engine is simultaneously our therapist, our confessional and our most trusted friend. Data scientist and economist Seth Stephens-Davidowitz, formerly of Google, has pored over the unfathomably large body of data concerning when, where and what people search on Google around the world. In his book Everybody Lies, he reports insights about what people are really thinking and feeling. He's learned Google users are kinkier than they admit, and more racist too, but most of all, people are desperately anxious and want to know they're not alone.

You were laughed out of academic journals with this idea. Now everybody's interested. What happened?

I was a graduate student in economics, and I became obsessed with all you can learn from what people search, particularly things people wouldn't otherwise admit. People lie to surveys, but they tend to be really, really honest on Google. I was considered very strange. I couldn't get the work published. I couldn't get an academic job. I was looking for other ways to get the work out there, and now I've written this book.

Did you learn anything profound about human nature?

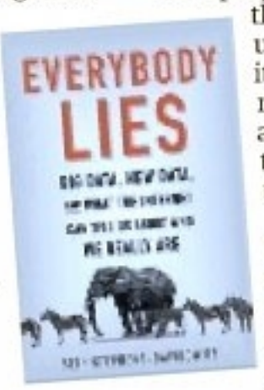
I think anxiety and insecurity is probably more widespread than we usually think. That would be a big takeaway. But I think also just people are complicated. The traditional methods of data collection have given us a very limited view of the human psyche.

Do you have a favourite finding?

Men make as many searches looking for how to give themselves oral sex as how to give a partner oral sex. My other favourite, which you would probably also put in the weird or one-off category — but I don't think it is — is that the top search in India starting "My husband wants" is "My husband wants me to breastfeed him." It points to this idea that there are facts about human nature we didn't know. There seems to be a somewhat widespread interest in adult men being breastfed in India. It hadn't been picked up by any of the usual data sources and it isn't talked about. Well, why India? What causes this to be so much higher in India and nowhere else?

Is this (research technique) going to change the way we look at elections? (Searches containing racial slurs were strongly associated with areas that unexpectedly went for Trump, such as Michigan and western Pennsylvania).

Surveys are getting worse and worse. The response rate is now under 10 per cent. Internet data is getting better and better. In a couple of election cycles, we're not going to be using surveys anymore. But (with election predictions), we're just going to predict an event that's going to happen in three weeks. The attention (on elections) is so enormous relative to its importance.



If elections aren't interesting to you, what is?

I talk about child abuse in the book. That's one area where the data is not good, because most child abuse cases aren't reported. But it turns out a decent number of children, really sadly, make searches such as "my dad hits me" or "my mom beats me." So we now maybe have the best data ever on when and where child abuse is rising.

And I talk about racism and hatred. We can break it down minute by minute. We can see how people are responding to the words politicians use in speeches — is it calming an angry mob, or inflaming an angry mob? That is, I think, pretty revolutionary.

What are your findings on that front?

There is clearly a strategy that is much better at calming an angry mob. And it's basically don't lecture to them, but provoke their curiosity. Talk about Shaquille O'Neal being Muslim; don't talk about how it's someone's responsibility not to hate Muslims.

What are you looking for in the data now?

I'm researching anxiety. I've become obsessed with it, because there are lot of things in the data that are really, really surprising. I'll give you one example: When Trump was running for president, he was saying a lot of scary things. Pretty much all my friends and family members and liberal people said they're terrified. Now, if you look at the data in parts of the United States that are really liberal, you don't see an uptick in searches for panic attacks or anxiety or anything like that.

(Maybe) people don't Google anxiety about Trump, even if they're really anxious. I'd be really surprised by that. The second possibility is people have a fixed amount of anxiety — they would have been anxious about their jobs or their kids, but now they're anxious about Trump. That would be a revolutionary change in how we think about anxiety. The third possibility is that people exaggerate how anxious they are about Trump because it's politically correct, when they tend to actually be much more anxious about their own personal situation. But you don't bother your friends with that. You sound like a good person if you're anxious about Trump.

One of your oddest findings is that people often type confessions like "I'm drunk" into Google. What could they possibly be hoping to find?

It's very strange. It's a little bit like the confessional in Catholicism. It is a widespread use of Google to type complete sentences into the search engine. You (may) get message boards where people are feeling similarly, so you feel less lonely. If you type, "I hate my boss," you might get message boards of people complaining about their bosses. If you type, "I'm sad," you get message boards of people who are also sad and you realize, "Oh, I'm not alone."

Adam Sandler and wife Jackie Titone ALBERTO PIZZOLI/AFP/GETTY IMAGES

MOVIES

Sandler, Pattinson draw awards buzz

It's a long way from May in France to February in Los Angeles, but the Cannes Film Festival has often been a breeding ground for Academy Awards campaigns.

Standing ovations at Cannes, which concluded Sunday, appear likely to lead to awards consideration for a number of big stars, including unlikely names like Adam Sandler and Robert Pattinson.

When Sandler has waded into drama, he's often won raves. But even more than his turns in Punch Drunk Love and Spanglish, Sandler's tender, rumpled performance as a recently divorced father in Noah Baumbach's The Meyerowitz Stories (New and Selected) was hailed as a new high point for the Sand Man. The Netflix release could also earn some attention for Dustin Hoffman, who with typical distinction plays the prickly father of Sandler in the film.

Meanwhile, Pattinson's scruffy, scuzzy performance as a Queens bank robber in Benny and Josh Safdie's Good Time was immediately hailed as a career-best for the 31-year-old actor. THE ASSOCIATED PRESS

Using a second language to help train your brain

EDUCATION

Juggling two vocabularies leads to mental 'workout'

Maria Christina Cuervo put her 10-year-old son Tomás in French immersion classes — but not just so he would learn to speak the language.

Cuervo knew that learning another language would not only open cultural and social doors for her son, a Grade 4 student at John Fisher Junior Public School in Toronto, but would also be healthy for his mind.

"If you speak two or more languages it trains your brain more," said Cuervo, a Spanish and linguistics professor at the University of Toronto. "It's like being more of an athlete."

The "workout" happens when the brain has to juggle competing vocabularies. For example, an English and French speaker has to decide between saying "cat" or "chat" each time they see one.

"You are thinking of words or structures in two different languages, so you have to suppress one to speak in only one language," Cuervo says. Doing this can strengthen the part of the brain that helps us process information and focus, she adds.

Different research studies show that bilinguals are better decision makers, can experience a later onset of dementia, are more perceptive, or think differently.

Last year's Oscar-winning movie Arrival tackled a version of that last idea — taking audiences on a quest with its star linguist (played by Amy Adams, whose character was informed by actual linguists such as McGill University's Jessica Coon) to communicate with alien "heptapods." The film illustrates (while taking a bit of creative liberty) what scientists know as the Sapir-Whorf hypothesis — a disputed theory that suggests that language can change the way we think and view the world around us.

This and other theories about the effect language has on a person's mind are not universally agreed upon by researchers. Some worry positive results indicated in lab tests don't translate into noticeable changes in real life.

"The effort doesn't match the goal," said Stanka Fitneva, a psychology professor at Queen's University who researches the connections between language, cognition and culture. While she agreed that learning a language is advantageous for one's brain, she noted that it might not be the easiest route for those who are exclusively after the cognitive benefits it can offer. Less-demanding activities and games (for example, Simon Says) she said, could give the brain's "executive function" (the part Cuervo was talking about that help us plan and prioritize) a workout in a similar way.

Ellen Bialystok, a psychology professor at York University who is recognized among language and brain experts as one of the top researchers looking at the impact of bilingualism on the brain, says there are significant cognitive benefits (and aside from that, cultural and social ones) from learning a language.

But she thinks the biggest payoff emerges later in life.

Bialystok pointed to a growing area of research, including some of her own, that has found people who speak more than one language can delay the onset of different types of dementia, including Alzheimer's for several years.

TORSTAR NEWS SERVICE

OTHER EFFECTS

Vocabulary size

There is research, including some done by York University's Ellen Bialystok, which has found that children who speak multiple languages have smaller vocabularies in each language than those who speak just one.

Maria Christina Cuervo thinks it's important that her son Tomás, 10, learns French. Research has shown bilinguals are better decision makers, are more perceptive and can experience a later onset of dementia. RENE JOHNSTON/TORSTAR NEWS SERVICE

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PLAID FOR DAD metro focus on prostate cancer

"Your whole world is put off-kilter

"It's incredibly scary. Your whole world is put off-kilter. It's scary, it's like a roller-coaster ride because you want the very best possible of all outcomes ... Fortunately, mine is a story with a happy ending. I'm a facilitator of a support group for women and caregivers on a journey with their husbands, and I see so many other outcomes. And I consider myself to be just so incredibly fortunate, because all of those incredibly scary and life-altering changes that come when you are in a more advanced state of prostate cancer — I did not have to experience those with my family."

Kelly Fedorowich, 50, lives in Calgary. Her husband is a prostate cancer survivor.

AS TOLD TO TAMAR HARRIS, FOR METRO CANADA

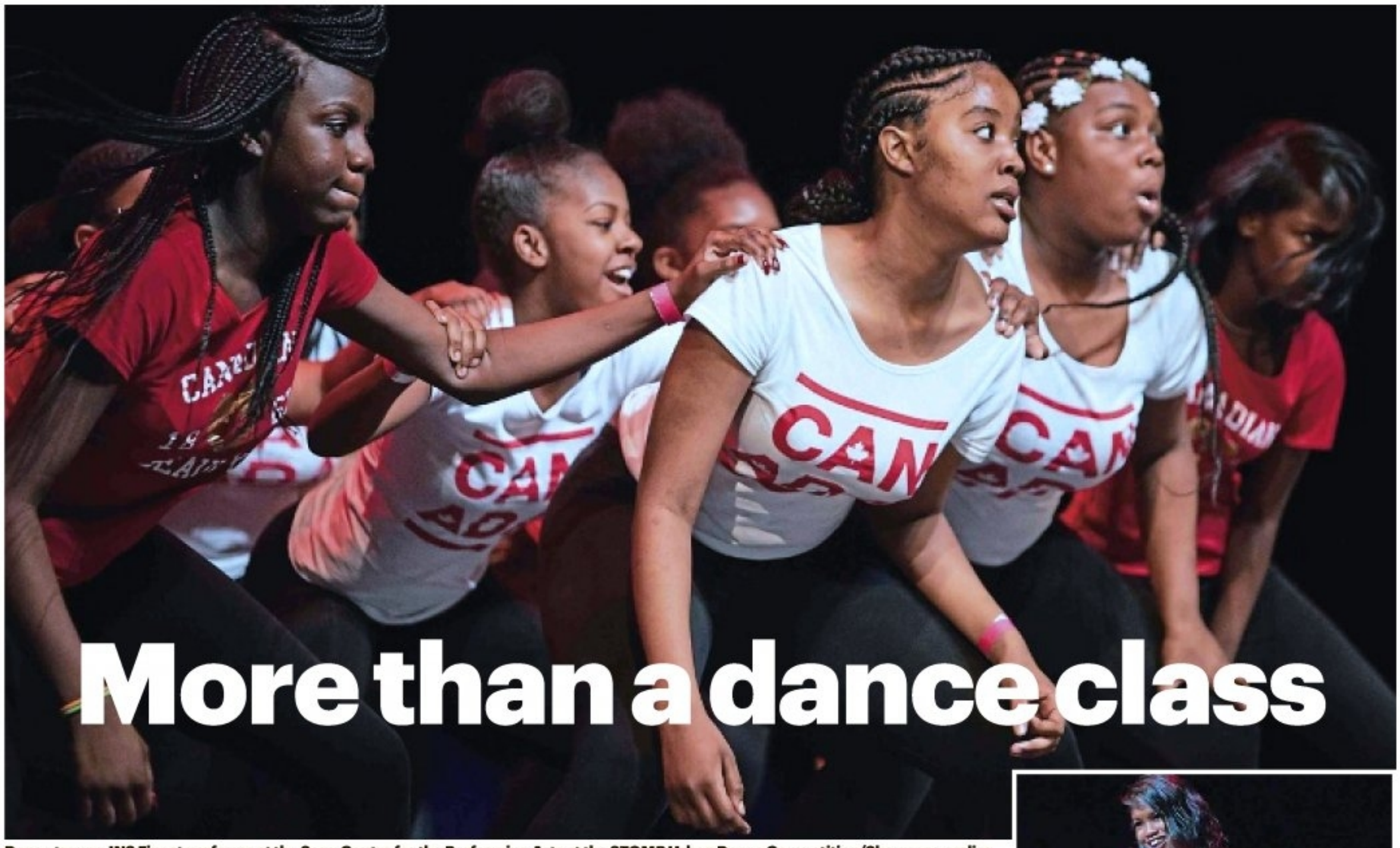
4,000

In 2016, an estimated 4,000 men died from prostate cancer.

SOURCE: PROSTATE CANCER CANADA, 2016

PROSTATE CANCER CANADA

June 16 is **Plaid for Dad Day** in Canada. People from across the country will wear plaid to help raise awareness and vital research funds for prostate cancer. Each Tuesday leading up to Father's Day, Metro will feature the story of someone whose life has been affected by prostate cancer. For more information on the campaign, or to register, visit plaidfordad.ca.



More than a dance class

Dance troupe JNS Finest performs at the Sony Centre for the Performing Arts at the STOMP Urban Dance Competition/Showcase earlier this month. The dance program is teaching this group of teen girls to lean on each other. NICK KOZAK/TORSTAR NEWS SERVICE

Neighbourhood program gives close-knit group of 13- to 15-year-olds stage to build confidence

Vivien Fellegi
life@metronews.ca

JNS Finest dance troupe is owning the stage at the Sony Centre for the Arts' urban dance competition STOMP on a recent Sunday afternoon.

Eleven teenage girls alternate between graceful, undulating movements and fierce, frenetic steps. They're pumped and powerful. Their stamps and claps reverberate through the auditorium. Two girls slide into splits and the audience explodes.

The annual dance competition, which attracted 38 teams on May 7, is what brought these girls to the stage. But it is JNS — which stands for Jane and Sheppard — a neighbourhood dance program that is teaching this close-knit group of 13- to 15-year-olds to take chances, build confidence and lean on each other.

JNS Finest dance program is organized by Ephraim's Place Community Centre, located inside the Church of the Nazarene on Sheppard Avenue West. The centre was started by the church congregation and surrounding community to bring "constructive options which might help (young people) believe in something bigger," says Pastor Bill Sunberg.

The centre was named after 11-year-old Ephraim Brown, a bystander killed in a gang fight that took place across the street from the church in 2007. Sunberg ministered to the grieving community. Studies of the area had already determined that many local youth were pessimistic about the future.

"We were determined to make sure this would never happen again," Sunberg says.

> **No one gets left in the dust — they pick each other up when they're down.**
> Instructor Kelly Gammie

Two permanent staff and volunteers work with the area youth to boost morale offering free mentoring, leadership skills and basketball programs. Program funding is sporadic and JNS Finest is looking for sponsors (visit ephraimsplace.com and specify JNS Finest).

JNS Finest, named by its members, launched in 2014. The team proposes the songs and dance instructors Kelly Gammie and Queenie Seguban, along with peer leader Tiauna Corbette, create the choreography.

They train twice a week and are highly committed, says co-ordinator Jennifer Arango.

And it's more than a dance class. The program offers a safe and positive space, says Arango. Each class begins with a check-in where the girls can explore their stresses and problem-solve.

The girls have blossomed since they began dancing together, says Gammie, who has been with the group for two years. They've become disciplined, committed and open to trying new moves.

Cherish Hart has applied what she learned in dance class to academics and has noted an improvement.

"If I learn a move that's really hard, and I go to school and there's a tough question, I remember I learned the dance move, so I can get this math problem," she says.

Her mom likes what she sees.

"Dance helps them be confident and reach out for a future while looking out for each other," Maxine Hart says.

Dancer Audlina Thompson is buoyed by her expertise on stage. "If I can perform in front of many people, I can ace this job interview," she says, adding, "When you have the people you love cheering you on, it brightens your mood and you work harder."

Friendships are key to their success.

"No one gets left in the dust — they pick each other up when they're down," Gammie says.

That camaraderie is evident at the end of the STOMP competition. JNS Finest doesn't end up in the medals and some of the girls are disappointed. But Corbette sees all that they have accomplished and stays positive.

"We killed it," she says. "I'm so proud to see them grow."

TORSTAR NEWS SERVICE

TV WORLD OF DANCE

Local cabaret ballroom duo grooves onto show

After many late nights spent flipping and twirling in a North York studio, two local dancers have landed a shot to make it big.

The team of Jenalyn Saraza-Pacheco, 16, and Luka Milacic-Perusina, 20, is the sole Canadian contender among 47 acts with eyes set on a $1-million prize awarded to whoever wins World of Dance, a 10-episode competition premiering Tuesday on CTV and NBC at 10 p.m.

TORSTAR NEWS SERVICE

TORSTAR NEWS SERVICE

Life after Vine holds 'a real live connection'

Ruth B has outlasted the social network that started her on the path to stardom. The Edmonton singer just released her first album and plays Peterborough Music Festival July 1. CONTRIBUTED

ON TOUR

Ruth B beyond six-second videos, drops first album

Even if you never used Vine, that now-dead, six-second-video social network, you have heard the musicians that started there; it was very good to a few Canadian artists.

Shawn Mendes has been the poster child for its star-making ability, but Ruth B is ready to take her piece of the spotlight.

Since first posting snippets of herself writing the song that became the hit Lost Boy as a teen in her bedroom in Edmonton, B (short for Berhe) grew an audience while working at a Marshall's, then signed to a label, won the Breakthrough Artist Juno and just released her first proper pop album, Safe Haven. Now she gets ready to properly tour.

The now 21-year-old admits that it has been a whirlwind, and understands that she's not far removed from many of her fans.

"It definitely can feel busy sometimes, that things are moving fast, but I just try to live in the moment and kind of enjoy everything. It's all very new still and a different life, but it's fun. It's cool," she says on the line from Nashville, in the midst of a nine-stop tour of the U.S. "It's been really cool to transition from just a Vine artist to an actual artist with music out. It's been really nice to be able to connect with people with more than just the six seconds."

Bobby Gholami
@Hani_Bobby
Why do people think that a seat is an acceptable place for their dirty shoes and feet? #TTC
You said it.
Please don't put your feet on the seats.

Safe Haven is full of ballads about love and heartbreak, all with a confessional, conversational lyricism that speaks to B's youth. All the same, she had been working on songs for years so, she says, she was ready to hit the studio when everything broke. It was recorded with Grammy-winning producer Joel Little, best known for working with Lorde.

"I learned a lot from Joel. He was awesome and really cool to work with, and he just does such a great job helping a new artist get to where they want to get, instead of putting his own stamp on it and making you something you are not," she says. "I learned a lot about how a studio works, how ideas evolve from just thoughts you have to bigger picture songs and just a lot of little things."

She says the title track is one of her favourites to perform, as it reminds her of home, family and friends in Edmonton, which is where she still lives.

"I love performing Safe Haven, the song, because it's probably the most nostalgic for me; I have memories in that song. Every time I perform that it takes me to the same place," she explains. "The past couple of years are wrapped up in that song. When I wrote it, a lot of my life had changed drastically, but the one thing that remained the same was my family, my friends and my love for music, and it just makes me feel really safe."

TORSTAR NEWS SERVICE

DIGITAL EFFECTS

Facelifts without the knives

Johnny Depp is 53 years old but he doesn't look a day over 26 in the new Pirates of the Caribbean movie — at least for a few moments. There was no plastic surgeon involved, heavy make-up or archival footage used to take the actor back to his boyish Cry Baby face, however. It's all post-production visual effects, and after a decade of refining the process since Brad Pitt ran the gamut of time in The Curious Case of Benjamin Button, it's becoming commonplace in major Hollywood movies.

Depp is just the latest megastar to get the drastic de-aging treatment on screen, joining the ranks of Robert Downey Jr. (in Captain America: Civil War), Michael Douglas (in Ant-Man), Kurt Russell (in Guardians of the Galaxy Vol. 2) and scores of others getting digital facelifts to play younger versions of themselves. In the old days, a lucky unknown look-alike (or look enough alike) could have scored the part of young Jack Sparrow or Tony Stark. Now, if the film has the budget, the stars get to have it both ways — and audiences get a nostalgic flashback.

Lola Visual Effects is responsible for Depp's transformation, and most of the Marvel tricks, which have included making Chris Evans scrawny for the original Captain America and Hayley Atwell some 70 years older for the sequel.

Stars such as Kurt Russell (in Guardians of the Galaxy Vol. 2) have gone through drastic de-aging treatments on screen. CHUCK ZLOTNICK/DISNEY-MARVEL VIA THE ASSOCIATED PRESS

26

In the new Pirates of the Caribbean movie, Johnny Depp is made to look like he did when he was 26 — around the time of 21 Jump Street and Cry Baby.

Lola was the pioneer behind Benjamin Button, too, and sells its services to all the major studios. It's one of a handful of vendors that have gotten in the so-called "beauty work" business. It's often meant to go unnoticed (like removing a blemish), and is generally buried under mountains of confidentiality agreements.

"Working on the human face is one of the, if not the most challenging thing to do," said Trent Claus, the visual effects supervisor for Lola VFX. "People can tell when there is something amiss. Even if they can't put their finger on what is wrong, they can tell that something is wrong."

THE ASSOCIATED PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

All that crap men do and women put up with

THE SHOW: Unbreakable Kimmy Schmidt, Season 3, Episode 3 (Netflix)

THE MOMENT: The face-squish

Richard Wayne Gary Wayne (Jon Hamm) kidnapped Kimmy (Ellie Kemper) and forced her to marry him. In prison, he now wants a divorce so he can marry Wendy (Laura Dern). Kimmy's roommate Titus (Tituss Burgess) asks Wendy why in hell she'd want to marry Wayne.

"With Richard I know what I'm getting," Wendy says.

"He won't cheat on me with my neighbour — because he can't. He can't scream at me when the Steelers lose. He can't flip my cereal bowl in my face and call me a dummy."

"A man flipped cereal on you?" Titus asks, hands on his face in horror.

"Because now I eat my cereal at home before I go to the prison," Wendy barrels on.

Titus grips his face so hard the flesh squishes between his hands. Yesterday I wrote about sitcoms delivering a social message. Here's another one. Jokes here fly thick and fast, both high and low, everything from pooping in a body cast to Kimmy's applying to Roy Cohn Community College (look him up).

Laura Dern and Tituss Burgess in Kimmy Schmidt. CONTRIBUTED

But there's a steel girder supporting the far-fetched premise: at heart, this series is about the crap some men pull, and the women who put up with that. Kimmy's former boss Jacqueline (Jane Krakowski) is an ex-trophy wife awakening to her mistakes. Kimmy's neighbour Lillian (Carol Kane) only reluctantly broke up with (real-life) accused murderer Robert Durst (Fred Armisen).

Kimmy is the ultimate baby feminist, gradually owning and defending her selfhood. Under the funny, show creator Tina Fey addresses some serious … poop.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

metro SPORTS

Quebec fullback/forward Josee Belanger, who helped Canada to bronze at the Rio Olympics, has announced her retirement from soccer

PENGUINS GO ON EARLY OFFENSIVE Penguins centre Evgeni Malkin celebrates his game-opening goal during the first-period of Game 1 of the Stanley Cup final on Monday night in Pittsburgh. The Penguins took a 3-1 lead over the Nashville Predators into the third period. Go to **metronews.ca** for results from Game 1.

BRUCE BENNETT/GETTY IMAGES

Arms brigade arrives as Jays swing the tide

COMING TOGETHER
Richard Griffin

The Blue Jays are almost whole again, at least offensively, with the return of Troy Tulowitzki and Josh Donaldson. As for the rotation, that's up in the air — the cavalry appears to be charging into the valley of dearth.

J.A. Happ is now confirmed to start on Tuesday, and Francisco Liriano could be back as early as Friday. But what's not known is if the charge of the arms brigade is arriving on stallions or Shetland ponies.

At spring training, the Jays' rotation was recognized as one of the deepest in the league, even if they were minus a confirmed No. 1. But the problem was health. There was little depth in the minors after the summer of 2015, when they traded young pitching for the chance to make it back to the post-season. Last year's good health has not been repeated, with 14 replacement starts needed in 50 games.

Happ was a 20-game winner a year ago, one of two in the AL along with Cy Young-winner Rick Porcello of the Red Sox. The 34-year-old lefty made three starts this season before being shut down with elbow inflammation after leaving a game against the Orioles on April 16. Despite the fact he has not walked a batter in 16 innings with 20 strikeouts, Happ was throwing too many pitches in too few innings.

His first start at Baltimore on April 5 was solid, after a season in which he logged a career-high 195 innings in 32 starts. But his second outing, which may already have been affected by elbow issues, saw him throw 102 pitches in 4-2/3 innings, even with no walks. Following Thursday's rehab start at Class-A Dunedin, in which he threw 56 pitches in three innings, Happ may be expected to ease back into his Jays role, maybe 70 to 80 pitches versus the Reds.

An interesting angle to Happ's Tuesday return is that he will be facing 28-year-old right-hander Asher Wojciechowski, for whom he was traded in a 10-player deal with the Astros on July 20, 2012.

As for Liriano, he had made seven uneven starts before he was shut down with a shoulder strain following an outing against Cleveland on May 10. In that start, the 33-year-old allowed seven runs in two innings. The Jays are 4-3 in Liriano's seven starts despite his 6.35 ERA and 1.906 WHIP.

Troy Tulowitzki hit a third-inning grand slam in the Jays' series opener against the Cincinnati Reds on Monday at Rogers Centre. RICK MADONIK/TORSTAR NEWS SERVICE

Francisco Liriano, left, and Joe Biagini GETTY IMAGES

Liriano's possible Friday start against the Yankees will be confirmed once he gets the medical go-ahead.

Liriano made his first rehab start for Triple-A Buffalo in Charlotte on Sunday, throwing 72 pitches in 4-1/3 innings while allowing two earned runs on three hits, with two walks and seven strikeouts. What the Jays will get when he is back is up for debate. He will likely be allowed 80 to 90 pitches.

All this leaves the roles for interim starters Mike Bolsinger and Joe Biagini in the air. The incumbents need to prove they are back and healthy.

Manager John Gibbons does have an interesting decision to make regarding Friday's start. That would be Biagini's day, but Gibbons could choose to start Liriano and hold Biagini back in case the rehabbing lefty is unable to go deep into the game. If he's not needed, Biagini could take next Monday's series opener in Oakland, which going by the current rotation would be Bolsinger's start.

Whatever the case, the Jays are getting healthier and have managed to hold the fort until the cavalry finally arrives.

Richard Griffin is a columnist with the Toronto Star

4.50

J.A. Happ compiled a 4.50 ERA in 16 innings over his three starts before injury in 2017. As one of the Jays' most-consistent performers in 2016, Happ pitched to a 3.18 ERA in 195 innings.

Reds feel heat at the dome

MONDAY In Toronto

17	2
BLUE JAYS	REDS

Troy Tulowitzki hit a grand slam, Justin Smoak belted a three-run shot and Russell Martin had a two-run homer as the Toronto Blue Jays crushed the Cincinnati Reds 17-2 on Monday night.

Martin gave Toronto the lead in the second inning with a rainbow shot just inside the right-field foul screen. Tulowitzki broke the game open by clearing the bases in the third and Smoak put the Blue Jays' run total into double digits an inning later.

Kendrys Morales, Smoak and Martin each scored three runs as the Blue Jays (24-27) won for the sixth time in seven games.

Marcus Stroman worked six innings for his team-leading sixth win of the season as Toronto improved to 3-1 on its 10-game homestand.

THE CANADIAN PRESS

GOLF

Tiger says meds led to DUI charge

Tiger Woods attributed an "unexpected reaction" to prescription medicine for his arrest on a DUI charge that landed him in a Florida jail Monday for nearly four hours.

Woods, the 14-time major champion who had back surgery five weeks ago, was arrested on suspicion of DUI at about 3 a.m. Monday and taken to Palm Beach County jail. He was released on his own recognizance.

Jupiter Police spokeswoman Kristin Rightler said she did not have additional details about the circumstances leading to Woods' arrest, nor did she have any information about whether the arrest involved drugs or alcohol.

Tiger Woods GETTY IMAGES

THE ASSOCIATED PRESS

IN BRIEF

Bettman still opposed to NHLers at Olympic Games

Gary Bettman shovelled a little more dirt on NHLers playing at the 2018 Olympics Monday.

Speaking before Game 1 of the Stanley Cup final in his annual state of the union address, the NHL commissioner said nothing had changed with regard to the Pyeongchang Games since a firm announcement last month that the league would not attend.

THE CANADIAN PRESS

Raonic through in Paris

Fifth-seeded Milos Raonic is safely through to the second round of the French Open after sweeping past Steve Darcis of Belgium in straight sets on Monday.

The Thornhill product took just 92 minutes to beat the 38th-ranked Darcis 6-3, 6-4, 6-2. THE CANADIAN PRESS

Huddersfield makes historic Premier League ascent

Huddersfield Town will play in England's top division for the first time in 45 years after beating Reading 4-3 in a penalty shootout on Monday in the League Championship playoff final, world soccer's richest single game worth a minimum $220 million US.

THE ASSOCIATED PRESS

Whittom in coma after KO

Journeyman boxer David Whittom was in an induced coma at Saint John Regional Hospital Monday following surgery to treat brain bleeding after a knockout loss.

THE CANADIAN PRESS

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MAKE IT TONIGHT

Zesty Apple Cheese and Bacon Frittata

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You could make this easy, healthy egg dish for dinner and still have some leftovers to take to work tomorrow.

Ready in 35 minutes
Prep time: 15 minutes
Cook time: 20 minutes
Serves 6

Ingredients
- 4 strips of bacon
- 8 eggs
- 1 cup grated cheddar cheese
- 1/3 cup grated Parmesan cheese
- 1 Tbsp butter
- 1 apple, peeled, cored and thinly sliced

Directions

1. Preheat oven to 450 F.

2. In large, oven-safe skillet, sauté the bacon until crisp. Turn off heat. Place bacon on paper towel to drain and wipe skillet with another piece of paper towel.

3. Meanwhile, in a large bowl, whisk eggs. Add half of both cheeses to eggs and whisk again.

4. Place skillet back over medium heat and add butter. Swirl that around the pan. Pour in eggs. Cook until edges begin to set. Crumble bacon and sprinkle on eggs. Lay down slices of apple in a circular pattern. Sprinkle remaining cheese on top.

5. Place in oven 15 to 20 minutes, until top is puffy and just lightly set. Remove carefully and allow to cool for a couple of minutes before slicing.

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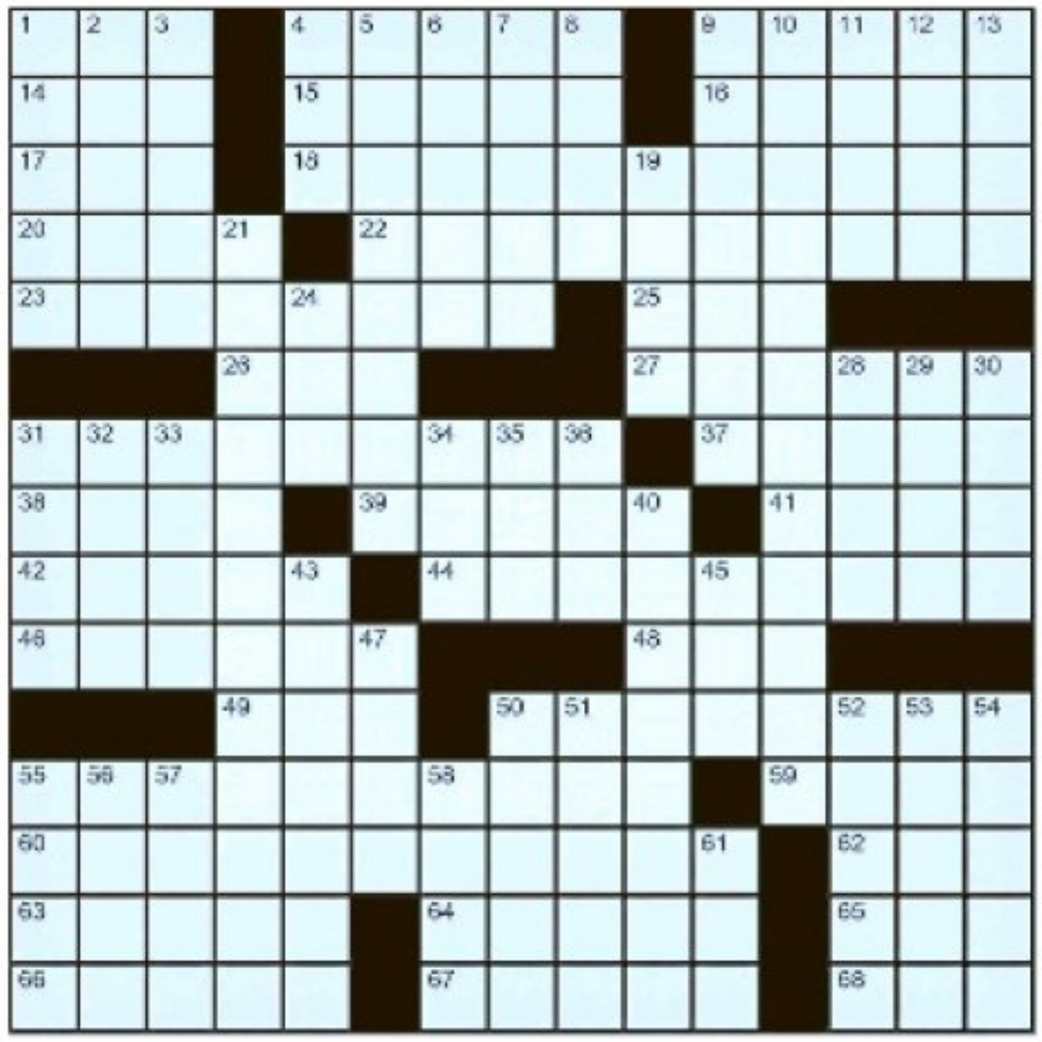
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Foodstuff on the farm
4. After: French
9. Abandon
14. Here, in Spanish
15. "Super, soprano!"
16. Doggy
17. Guffaw
18. The city of Courtenay's area on Vancouver Island: 2 wds.
20. Plummet
22. Work at the drive-thru in a way: 2 wds.
23. "The Guns of _" (1961)
25. Fire dept. ranks
26. As written
27. Ground sesames paste
31. National Park in Newfoundland which is a UNESCO World Heritage Site: 2 wds.
37. Slangy negatives
38. Military helper
39. _ River, British Columbia
41. Man, in Rome
42. Canadian pianist Mr. Gould
44. Food Network Canada celebrity baker: 2 wds.
46. Poseidon or Neptune: 2 wds.
48. 'V' of VCR, for short
49. 'Ranch' suffix
50. Lifted to a higher position: 2 wds.
55. Fought a little
59. Soaps actress Ms. Sofer
60. Subterfuge of ancient Greek legend: 2 wds.
62. The thing's
63. Spur's revolving part
64. "Bye!"
65. Athletic
66. Flees
67. Thelma's portrayer on film
68. Aristocrat's approving answer

DOWN
1. Joseph _, 'Father of the Symphony'
2. Honda model
3. Stand-up comic Mr. Smirnoff
4. The Jackson 5 hit
5. Diplomatic procedure
6. Sir Chandrasekhara Venkata _ (Nobelist in Physics, in 1930)
7. Call forth
8. _-Coburg-Gotha (Former royal house)
9. Austere
10. Style-for-sleeves currently on trend in womenswear: 2 wds.
11. Function
12. Top-notcher
13. _. Ed. (Gym class)
19. Electrical unit
21. Boeing 737, for one: 2 wds.
24. Cup's circle
28. Stock mkt. debuts for companies
29. Captain for Jules Verne
30. Glenn Frey's "The Heat _ _"
31. "Just for Laughs _" (Canuck fun TV show)
32. Irritate
33. Ancient concert sites
34. Narrow inlet
35. Bert Bobbsey's twin
36. 'South' suffix
40. Harley-_
43. Average temperatures
45. "_" _ for Outlaw (Sue Grafton novel)
47. "How ya _?" (Casual query)
50. Providence, _ Island
51. Eagle's cliff retreat
52. Glorify as a god
53. Loosen the laces
54. Vermicelli or Macaroni
55. Gibraltar, et al.
56. Fast food titan Ray
57. Des Moines' state
58. 1970s hairstyle
61. Conductor, _-Pekka Salonen

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an exciting day! Expect to meet new faces and see new places. You have lots of energy to go with the ever-changing flow today. Stay light on your feet!

Taurus April 21 - May 21
Trust your moneymaking ideas today, because you are truly inventive and imaginative. However, keep an eye on things because this is a fast-paced, quickly changing day. This might affect your cash flow.

Gemini May 22 - June 21
You are supercharged with energy today! You feel restless and impatient. Routine will bore you. Instead, go with your impulses so you can seek out new experiences.

Cancer June 22 - July 23
You will not be patient with restrictions today — oh, no! You want to break out of your sandbox and do your own thing! This is why you are quietly plotting change.

Leo July 24 - Aug. 23
Your interactions with friends and groups will be sudden and unpredictable today. You might join forces with someone to introduce reform and improvement to society or your community. Work for good!

Virgo Aug. 24 - Sept. 23
Your ambition is aroused today, which is why you might do something that surprises others. You're ready to go out on a limb to support your beliefs and your agenda.

Libra Sept. 24 - Oct. 23
Things are up in the air when it comes to travel. Travel plans might be cancelled or rescheduled. Alternatively, you suddenly might travel when you didn't expect to do so. Surprise news in the media also is likely.

Scorpio Oct. 24 - Nov. 22
You will defend your best interests regarding shared property, taxes, debt and inheritances today. It's possible that someone will challenge you.

Sagittarius Nov. 23 - Dec. 21
Relationships with partners and close friends are stimulating but unsettling today. People will do or say things that surprise you.

Capricorn Dec. 22 - Jan. 20
You want to break free from boring routines on the job today. Modern, high-tech equipment might be introduced to where you work. It's a high-energy day!

Aquarius Jan. 21 - Feb. 19
This is an accident-prone day for your kids, so be vigilant. Meanwhile, social events suddenly might fall in your lap or, alternatively, be canceled. It's a crapshoot.

Pisces
Feb. 20 - March 20
You have lots of energy to make changes for the better at home today. Some of you will rearrange your living room.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	5			7			1	
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2	9	5	8	7	3	6	4	1
1	3	7	4	6	2	8	9	5
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